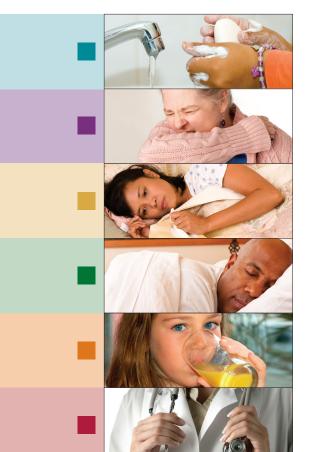
# **flu** prevention and care



### Don't get the flu.

#### Remember to:

- Wash your hands often.
- Always cover your cough and sneeze.
- Look for these signs:
  - Fever.
  - Stuffy nose or cough. Headache.
  - Sore throat.
- Chills or sore muscles.
- Feeling very tired.



### Don't spread the flu.

#### If you get sick:

- Wash your hands often.
- Always cover your cough and sneeze.
- Stay at home.
- Get plenty of rest.
- Drink plenty of fluids.
- Know when to see a doctor:
  - Trouble breathing.
- Confusion.
- Dehydration.
- Seizures.

## Don't forget to get your seasonal flu shot.

For more information, please call



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# Be prepared for **flu**

Keep these items at home.

- 1 Thermometer
- 2 Alcohol wipes
- 3 Medicine for fever
- 4 Water and juice
- **5** Bleach for cleaning surfaces
- 6 Tissues
- 7 Hand soap or sanitizer
- 8 Trash bags
- 9 Masks for your face
- **10** List of useful Web sites and phone numbers (such as home delivery of groceries)

#### For more information, please call



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